



Is There More to Healthy Snacking Than Pretzels Alone?

Pretzels are a convenient, portable, low-fat snack choice. But their sodium content is often double that of chips, and they offer little fiber. Also, restricting yourself to one snack often leads to rebellion further down the road. To broaden your snack choices, look at how your overall eating habits compare to nutrition recommendations, like those of the American Institute for Cancer Research. Try to choose snacks that fill in the gaps. Most Americans already eat plenty of refined grain products. What about dry whole-grain cereal or raw veggies? Or fresh or dried fruit - either plain, blended into a smoothie, or as part of a trail mix? Consider how long you need your snack to fuel you. If it's just a couple of hours, a simple piece of fruit should be fine. If you need more hunger-satisfying power, try including a little protein by eating nuts, yogurt, or low-fat cheese.

For more information on healthy snacks, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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